

BIG DIPPER



Around the Mediterranean, they dip bread in olive oil. Canadians spread butter or margarine on bread. Guess which is healthier?

Here's a hint: butter is loaded with saturated fat, and many margarines have more sat fat than oils do. (The worst margarines have a dose of trans fat to boot.)

But people may have a hard time making the transition from spread to dip. That's where **President's Choice Bread Dippers** come in.

You can choose from **Roasted Garlic & Parmesan** and **Sun-dried Tomato & Balsamic Vinegar**, depending on your fancy. They're mostly olive oil (seasoned with roasted garlic extract), canola oil, water, and vinegar.

While the water and vinegar cut the calories in each two-teaspoon serving from ordinary oil's 80 to the Dippers' 60, you still can't dip like there's no tomorrow.

Solution: pour some Dipper on your plate, then dab, don't dip.

Just don't stop at bread. Use Dippers to season baby carrots,

grape tomatoes, sliced cucumbers, garbanzo beans (if they're canned, rinse them first to wash away some of the salt), or a thin slice of fresh mozzarella.

You can even serve your guests both flavours and invite them to double dab.

President's Choice: (888) 495-5111

STACKING THE DECK



"Meat, Cheese, Bacon... Repeat," say the posters for **Burger King's new BK Stackers**.

Are they kidding? Unless you're suicidal, why on earth would you want to wolf down a **Quad Stacker**—4 hamburger patties, 4 slices of cheese, 8 slices of bacon, plus sauce and bun? That's half a day's calories (1,000), 1½ days' worth of saturated fat (30 grams), 3 grams of trans fat, and more than a day's sodium for anyone 50 or over (1,800 milligrams).

Not so hungry? Try a Double or Triple Stacker.

Urp!

Does Burger King have a deal with Jenny Craig? Or perhaps the surgeons who do coronary bypasses or stomach stapling? (Surely, they couldn't be hurting for new patients.)

Maybe BK's corporate honchos are hoping that young (or middle-aged) males will see the first four-burger stack at a major fast-food chain as a test of their toughness.

Nothing like a 45-inch waist to make you look macho.

Do companies sit around trying to dream up new Food Porn candidates for us? Nah. They're just trying to make a buck.

Translation: who cares how fat and how sick Canadians get as long as Burger King keeps 'em coming in the (soon-to-be-widened) door.

Burger King: (877) 271-0493

TIP OF THE MONTH

To intensify the flavour of whole spices (cardamom, mustard seed, coriander, fennel seed, etc.), just stir them in a dry non-stick skillet over medium heat for 1 minute.

About CSPI, publisher of Nutrition Action Healthletter



The Centre for Science in the Public Interest (CSPI), founded in 1971, is an independent non-profit consumer health group. CSPI advocates honest food labelling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, which has been published in the U.S. since 1974 and in Canada since 1996, accepts no advertising.

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